

FREDERICK COUNTY SENIOR SERVICES ADVISORY BOARD MINUTES
Monday, December 9, 2019, 1:00 PM
Urbana Library
9020 Amelung Street, Frederick, MD 21704
301-600-1234

COA MEMBERS	SSD STAFF	EXCUSED	UNEXCUSED	GUESTS
Tom Lawler	Eileen Alexander	M.C. Keegan-Ayer	Dakota Shelton	George Carroll
Sally Livingston	Sue Ramsburg	Donna Kuzemchak		Geoff Littrell
Thea Uhlig-Ruff	Kathy Schey			
Sandra Wastler	Carolyn True			
Marva Younger	Mia Brust			

- I. Welcome & Introductions** – Sandi Wastler called the meeting to order at 1:00 pm and welcomed all attendees. She gave a brief description of the Advisory Board and its goals.
- II. Action on the Agenda** – No new items added to the agenda.
- III. Approval of Minutes** – The minutes of the November 4 meeting were approved at today's meeting. All were in favor.
- IV. Elected Officials' Comments** – No elected officials were present at today's meeting.
- V. Long Term Care Services, Mia Brust, Frederick County Long Term Care Ombudsman** – The Ombudsman program monitors approximately 1800 beds in the twenty-one Assisted Living Facilities

and nine Long Term Care Facilities (LTC) in Frederick County. Mia stated that there is one certified volunteer ombudsman, Jeff Truitt, who assists her with resident council meetings at the long term care facilities. In order to become certified, the volunteer ombudsman must attend a four day training program which is held in Baltimore. There is not reimbursement for the training and associated transportation costs.

The resident population in the assisted living facilities has become frailer and there is limited oversight at the state level. There is no monitoring done by the Office of Healthcare Quality and no staff certifications required. The population in the long term care facilities is even frailer. These facilities provide services such as dialysis and ventilation. There is an increase in younger residents due to the opioid crisis and conditions related to the addictions. They may be in the LTC because of co-morbidity diseases. This is a new population also for the nursing staff at the facilities and the staff may not have the training to deal with this population. Their training is more for the geriatric population. Family involvement is an important component for the nursing home residents. Care plan meetings are a good opportunity for the family to make suggestions for the resident's wellbeing. The family should do research so they know what is available and can make informed decisions. All LTC facilities in Frederick County are dual licensed which means they have beds for Medicare and Medicaid residents. The cost for assisted living facilities is in the \$3500-\$7500 per month range. It would be great to have some lower costs options available for the community. The small group home type assisted livings are limited in Frederick County.

Mia hopes to add an emergency preparedness component to the Ombudsman program in the future. It would be a useful to have a plan for these facilities to follow if there would be a natural disaster in the region. She would also like to work with students at the Frederick County Career and Technology program and advise them of the benefits of working with the geriatric population.

There was some general discussion on the lack of oversight in assisted living facilities and some proposed legislation in the state of Maryland.

Update on Senior Services Division (SSD) activities, Kathy Schey – Kathy talked about some of the appeals that the Division will be putting forward during the next budget cycle. There is a great need for data to prove the need for increased staff. Last year the Division appealed for an additional four positions and two were approved. The two approved were a Senior Center Assistant for the

Urbana Senior Center and a Service Navigator whose time is split between the MAP and the Caregiver program.

The Division is moving ahead in the area of technology. One of the first advancements is the enhanced County webpage that is now a hallmark for other Divisions. The next tech advancement is the building of an application to enhance the call tracking capabilities of the Division. This will increase the ability to collect data. This will help with our Federal and State reporting requirements. This has been a slow process but will be a continuing project over several years.

The Business Task Force has done a lot of work on the Caregivers in the Workplace video and an accompanying Powerpoint. This presentation is a good resource for employers/employees who are in the caregiving stage. Kathy had a meeting with the Frederick County Human Resources Department where she introduced them to the resources available at the Senior Services Division including this Caregiving video. There will be a presentation (including the Caregiver video) to the Rotary Club to be held at Dutch's Daughter in February.

The Division is also working with IIT to implement Office 365 that would allow the staff to be more mobile in the community.

Conflict of Interest Disclosure Statement – collection of complete documents, Sandi Wastler - Sandi stated that almost all of the Senior Advisory Boards members have turned in the documents. She will contact the remaining member to find out the status of her document.

VI. New Business –

Election of Chair and Vice Chair (effective January 2020), Tom Lawler – Tom stated that there is one candidate, Thea Ruff, for the new Chairperson and one, Sandi Wastler, for the Vice Chairperson. There was a vote held at today's meeting. All were in favor; none opposed.

Status of recommendations for Advisory Board Membership, Tom Lawler – Sandi stated that two names have been put forth to the County Executive for approval but nothing approved at this time. The two recommendations are George Carroll and the Reverend Doctor Wayne Blaser. More applications were received and interviews will be held after the next Executive Committee meeting.

11/4/19

If all are approved for membership, there will still be one open position for the Board.

VII. Committee Reports

Business Task Force – Tom Lawler – Tom stated that the Business Task Force will continue to look for opportunities to show the Caregiving presentation.

VIII. Living Well in Place in Community – Thea Uhlig-Ruff, The committee is ready for the Board to approve their 2020 action plan. Their two main objectives are to:

- Identify present concerns for seniors compared to prior visits from this sub-committee; and
- Present new services / programs for seniors in the county.

While visiting different senior groups within the county they will share the Self-Evaluation Questionnaires that they previously developed and will continue to gather data on senior concerns in various communities within the county. They will then compare the data they gathered previously to see changes in senior needs. They will also present information on current resources and ask questions such as "Do you know what MAP is?" They will also provide handouts on some of the current information. Thea asked if the Advisory Board would approve this committee continuing with their action plan. All were favor.

Affordable Housing Council – Marva Younger – The Affordable Housing Council have produced one video with two more planned. There will be a couple local seniors in the planned videos. The goal is to educate the community about affordable housing. There is a stigma against affordable housing when it is actually very similar to market rate housing. Marva will find out if the video is available on-line.

Announcements – Sandi stated that the Be a Santa to a Senior gift wrapping event will be held on December 13 at the Frederick Senior Center. It will be held from 1p-3p.

The January Senior Advisory Board meeting will be held on at the Bourne Building that is located at 355 Montevue Lane.

George Carroll stated that the newly formed elder care advocacy group meeting is the last Tuesday of each month from 6:30pm –

Frederick County Senior Services Advisory Board
11/4/19

8:00pm. The focus of this group is assisted living facility regulations in Frederick County. The meetings are held at the Urbana Library.

IX. Adjournment - Meeting was adjourned at 2:05 pm.

Susan M. Ramsburg
Recording Secretary